

Overview of emerging mobile and communications-based health and healthcare solutions



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Mobile Health Solution Categories

- Direct to consumer devices and apps
- Clinical mobility solutions
- Remote consults
- Telemedicine centers

Range of solutions

complexity

- SMS texting – many underserved have access to a phones which are not smart phones but do have texting
- Patient portals – can be web-based or mobile. Features vary
- Patient education apps – becoming more visual, customized. Tablet-based preferred
- Telehealth, video visits
- eVisits – via email or video
- Mobile devices – consumer grade health devices
- Remote patient monitoring – medical grade health monitoring devices

Benefits for patients

- At home care – convenience and time saving (including for family caregivers)
- Patients with disabilities experience improved access
- Early discharge and home monitoring of chronic illness
- Access to multidisciplinary care teams – reduced time between referral and consultation

Trends

- Adoption – (HIMSS Analytics Telehealth Survey)
 - 54% in 2013
 - 57% in 2015 Remote patient monitoring after surgery – low complication, high satisfaction
- Telehealth – Saudi hospital, video visits for stoma patients, reduced ER visits by 70%
- Teledermatology, telepsychiatry showing potential
- ER follow up – HIMSS case study of George Washington University Medical Center

Mobile Health Disparities

- Affordable broadband not always available in poor, urban communities
- Are computers at libraries and community centers an adequate alternative?
- Barriers include last mile and access to mobile devices. Also, theft can be a concern
- Successful pilots with Medicaid patients using texting to inform on vaccinations, appointments